



Healthdor

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## Honey Citrus Slaw ♦

A refreshing and tangy slaw made with honey and citrus fruits. Perfect as a side dish or topping for sandwiches and tacos.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 8

**Serving Size:** 63 g

### Ingredients

400 g	Green Cabbage
100 g	Carrots
100 g	Orange
50 g	Lime
30 g	honey
20 g	olive oil

5 g	salt
2 g	black pepper

## Directions

### Step 1

Cut

Shred the green cabbage and carrots.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

Pressing

Juice the orange and lime.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

### Step 3

Mixing

In a large bowl, combine the shredded cabbage, carrots, orange juice, lime juice, honey, olive oil, salt, and black pepper. Mix well.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 4

Refrigerating

Refrigerate the slaw for at least 1 hour before serving to allow the flavors to meld.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

## Nutrition Facts

**Calories:** 90 kcal

**Fat:** 5 g

**Protein:** 1 g

**Carbohydrates:** 12 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	1 g	5.88%	5.88%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	70 iu	7.78%	10%
Vitamin C	45 mg	50%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	4 mg	50%	22.22%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Barbecue Picnic

### Course

Salads

Snacks

Sauces & Dressings

## Demographics

Lactation Friendly

Heart Healthy

## Diet

Mediterranean Diet

Low FODMAP Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Ayurvedic Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Sodium Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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